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ABSTRACT

A proposal developed by the Illinois Association for Professional Preparation in Health, Physical Education, and Recreation and the Illinois Association for Health, Physical Education and Recreation for a program involving voluntary coaching certification in Illinois is described. Topics discussed include: (1) the certifying body's composition and title; (2) minimum standards for admission; (3) basis for evaluation of individual applications; (4) finances of the organization; and (5) recertification recommendations. Of the five areas, minimum standards is given the most consideration. Reported on are these academic requirements for certification, which would stipulate that the individual have at least 12 semester hours of credit in courses relating to the coaching of sports, and that he have a minumum of one course in the areas of: medical-legal aspects, kinesiological and physiological foundations of physical activity, and sports and psychosocial foundations of physical activity and sports. (JM)

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PROPOSAL FOR VOLUNTARY COACHING CERTIFICATION AND FORMULATION OF THE ILLINOIS ATHLETIC COACHING CERTIFICATION BOARD

by

Illinois Association for Professional Preparation in Health, Physical Education, and Recreation
Ad Hoc Committee on
Coaching Certification

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Rationale and Proposal

Brief Historical View

The concept of coaching certification has been a concern of the Illinois Association for Professional Preparation in Health, Physical Education, and Recreation (IAPPHPER); Illinois Association for Health, Physical Education, and Recreation (IAHPER); American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD); and organizations of other states for several years. Adequate rationale supporting certification has been developed and presented on several occasions in the literature and in several meetings of our professional organizations. There seems to be general agreement throughout the nation that a standard of academic preparation in athletic coaching is needed. The State of Illinois, through the efforts of IAPPHPER, IAHPER, and affiliate organizations, has moved in this direction by proposing a minimal standard. This standard is currently being written into a bill to be presented to the Illinois Legislature.

Feasibility of Mandated Certification

Although it is desirable for all individuals serving in coaching positions to achieve a minimum standard of competence, recent events have caused us to question whether it will be feasible or even desirable to mandate coaching certification. Dr. Bates Noble, Chairman of the Illinois Medical Society Sports Medicine Committee, spoke to this topic during the 1982 IAPPHPER Conference.

The climate of the Illinois Legislature and Illinois State Board of Education is such that we can expect opposition to any kind of new mandates. The trend is away from licensing more groups in Illinois so it is unlikely that the legislature will mandate certification of coaches.

Self Certification by Professional Groups

There is precedent for self-certification by groups on a voluntary basis. Medical doctors are certified by self-serving groups in their specialties. Orthopaedic surgeons are certified by the Board of Orthopaedic Surgeons. Athletic trainers are not certified by the state, but by the National Athletic Trainers Association.

Non-board-certified physicians may act as orthopaedic surgeons, but most hospitals seek only board-certified specialists. A non-certified specialist would have his credentials subjected to close scrutiny should legal action be taken against him (Dr. Noble). The same is becoming the case with non-certified athletic trainers.

Flo Grebner indicated, in her 1979 presentation during the IAPPHPER Conference, that certification of teachers is largely a government matter but there is evidence of change in this concept. If certification is a matter of professional right and responsibility, it does not necessarily need to be a governmental matter.

Other professional groups have shown interest in being a certifying body. The National Association for Sport and Physical Education is interested in certifying coaches. The United States Gymnastics Association has a safety instructor's certificate. Several other groups have also shown an interest. The shift away from government licensure may be significant in establishing that members of the profession should assume the responsibility for certifying those who have achieved a recommended standard.

Voluntary Coaching Certification - Illinois

An alternative to state mandated certification of coaches in Illinois could be a voluntary program jointly sponsored by the IAPPHPER and the IAHPER using the standard which has been created during the past year. Through this means undergraduate and graduate students considering coaching careers may be certified upon graduation from programs recognized by the board. Current coaches who are qualified may enhance their credentials by becoming certified. Coaches who would not qualify may be certified after improving their background through continuing education.

Significance of Voluntary Certification

The committee believes that when certification becomes a reality and becomes a concept familiar to school administrators and parents that pressures will bear upon school districts to employ certified coaches. There would also be pressure upon the coaches to meet the requirements established by members of their own profession.

During a session at the 1982 IAHPER Convention over seventy (70) participants heard a report on this proposal and the interest displayed by the group was significant. The results of a questionnaire distributed to the group showed strong agreement on the following issues:

1. There is a need for coaches of school athletic teams to be certified.

2. The minimum standards proposed for certification of athletic coaches in Illinois are realistic and feasible.

3. There was approval for the proposed voluntary athletic coaches certification program.

Conclusion

The IAPPHPER has the power, the organizational skills, the know-how, and the initiative necessary to develop an apparatus for voluntary coaching certification. The committee recommends a joint approach with the IAHPER to formulate the Illinois Athletic Coaching Certification Board to implement the program.

Certifying Body

The suggested title for the certifying body would be the Illinois Athletic Coaching Certification Board. The intent is for the IAPPHPER and IAHPER to jointly administer the certification program with assistance from appropriate affiliated agencies.

The recommendation is for the Board to be composed of two (2) members from the IAPPHPER, two (2) members from the IAHPER, and one (1) person to be a representative of the affiliate organizations.

An Executive Secretary would need to be employed and a center for the program established. The Certification Board may need to be incorporated as a not for profit organization in the State of Illinois.

Minimum Standard

The minimum standards to be utilized for certification would be the standards developed by the IAPPHPER and IAHPER in conjunction with affiliated organizations. The affiliates included the following organizations:

Illinois Coaches Association for Girl's and Women's Sports
Illinois Coaching Association
Illinois Athletic Director's Association
Illinois High School Association

The standards and/or concept of certification has also been endorsed by the following:

The Governor's Council on Health and Fitness
The Illinois Medical Society
The Illinois School Board Association
(Expressed support for certification at meetings earlier in the process)

The minimal standards are included as approved by the IAHPER and IAPPHPER.

PROPOSAL
IAHFER-IAPPHPER JOINT COMMITTEE ON
CURRICULUM AND LEGISLATION

"MINIMAL ACADEMIC STANDARDS TO QUALIFY AS AN INTERSCHOLASTIC ATHLETIC COACH IN ILLINOIS SCHOOLS"
April 1981

Any person who is assigned to coach an interscholastic athletic team in Illinois schools must be regularly certified to teach in the schools in Illinois. Each person must also meet a minimal academic standard by completing at least twelve (12) semester hours of credit in courses relating to the coaching of sport. The courses are to be completed at institutions having Illinois State Board of Education approved teacher education programs. A minimum of one course must be completed in each of the following areas:

1. Medical-legal aspects of coaching.
2. Kinesiological and physiological foundations of physical activity and sport.
3. Psycho-social foundations of physical activity and sport.

Although persons who are currently assigned as coaches are exempt from meeting this requirement, they are encouraged to do so. The requirement for these standards shall become effective within three (3) years following enactment. Important subtopics have been identified in each of the three required broad categories listed above. They are as follows:

1. <u>Medical-Legal Aspects of Coaching</u>

Primary concerns of the interscholastic athletic coach is the health, physcial welfare, and safety of the participants. Subtopics are:

A. Judicial/educational expectations related to preventing injuries, preparing for unavoidable injuries, and responding to injuries.

B. Basic medical and safety information pertaining to coaching of sport.

C. Rehabilitation of injury.

D. Legal framework within which athletic programs are planned and conducted.

2. Kinesiological and Physiological Foundations of Physical Activity/Sport

An application of the knowledge of human structure, movement and physiological principles provide a sound basis for maximizing performance and minimizing injury in athletic competition. Sub-topics are:

A. Body limitations and the mechanics of movement.

B. Anatomical and mechanical analysis of performance.

C. Anatomical, mechanical, and physiological principles related to safety of the participant.

D. Training and conditioning athletes for specific sport.

E. Physiological effects of exercise.

3. Psycho-Social Foundations of Physical Activity/Sport

Sport as a social phenomena is a recognized and important part of school programs in Illinois. The athletic coach's leadership provides the atmosphere and the environment for appropriate player behavior in the competitive program. Sub-topics are:

A. The emerging role of men and women as psychological beings in the realm of sport including the unique sex-related aspects of competition.

B. Identification and interpretation of values developed through sports participation.

C. Interpretation of sport, as it exists in our culture, to athletes, parents, co-workers and the general public.

D. Growth and development factors of the participant determine appropriate goals and experiences for specific age group competition.

E. Experiences related to development of desirable leadership traits in athletes.

F. Basic psychological and sociological foundation for maintenance of emotional stability under stress.

G. Moral and ethical aspects of coaching sport.

Interpretive Document

The Committee recommends that an interpretive document be formulated by the Coaching Certification Board. The document is to clarify the standards by addressing issues regarding credits, institutional and program approvals, types of courses and experiences that satisfy the requirements and the elective areas.

Basis for Evaluation

The basis for evaluation of an individual's application initially will be program recognition and/or transcript evaluation.

Institutions having Illinois State Board of Education approved teacher education programs may submit their programs to the Coaching Certification Board for recognition. These programs could include their major and minor in physical education and also their athletic coaching endorsements. Graduates of approved programs may be recognized and certified.

Non-physical education majors and candidates applying from out of the state may submit an official transcript showing the courses and experiences. Individuals who meet the standard will be certified.

The initial thrust for certification will be graduating college seniors and graduate students. Current coaches will also be solicited. As the concept of certification becomes accepted, it is anticipated that coaches in the field will want to enhance their credentials by becoming certified.

Eventually an examination should be developed which would be used for screening the candidates.

Finances

The Illinois Athletic Coaching Certification Program is to be a non-profit but self-supporting organization. However, during the first two or three years it is anticipated that outside funding will be needed until the program is sufficiently established to provide adequate finances from the certification fee structure.

To provide funds for initiating and implementing the Coaching Certification Program, the IAPPHPER Ad Hoc Committee on Coaching Certification plans to submit a grant application to the Research Committee of IAHPER requesting $5000 to cover the first-year expenditures for organizing. Printing costs for brochures, certificates, membership cards, stationery; patches; computer programming; student and secretarial help; travel; publicity and distribution of information to each agency involved throughout the state; and the employment of an Executive Secretary are examples of prospective expenditures.

It is anticipated that continued funding from the IAHPER Research Committee will be sought for three additional years at reduced levels each year until the program is fully self-sustaining. In addition, there is the possibility that some outside funding may be available from insurance companies, other affiliate agencies and associations, and institutional fees to have their programs approved.

The recommended certification fee is $20 for a period of two years. The initial certifying year would be the 1984-85 school year. The funds generated are anticipated to reduce the amount of the IAHPER grant request in the next few years. Following the third year of certification the program should become nearly self-supporting.

A critical time financially will be the planning year (June 1983-June 1984) when no funds are anticipated through the fee structure. The following possible expenditures are for the organizing year.

Estimated Expenditures for Organizing Year
July 1, 1983 to June 30, 1984

Salaries, wages, and benefits (Executive Secretary $1000 and secretarial help $500)	$1500
Incorporation of the Certification Board (Tentative)	500
Seed money for development of a written certification examination	250
Printing (stationery, brochures, awards, patches, certificates, billfold cards, etc.)	900
Office supplies and equipment (files, desk, chairs, book shelves, telephone, postage, etc.)	500
Travel for Board and Executive Secretary (Meals, motels, mileage, etc.)	1600
Public relations and information distribution (Interpretations, promotions, fundraising, etc.)	750
Total Estimate	$6000

Estimated Revenue Organizing Year
July 1, 1983 - June 30, 1984

IAHPER Grant	$5000
Institutional Fees ($20 per school; estimated 30 institutions initially)	600
IAHPER and IAPPHPER (Other agencies and private organizations will be solicited for funds)	400
Total Estimate	$6000

The expenses are expected to increase each year as the concept of certification grows. The Executive Secretary's salary and other secretarial expenses could increase to $3000. The following is a projected budget for the first three years of operation.

1984-85	
200 Initial Certifications and Institutional Fees @ $20.00	$4000
IAHPER Grant	3000
Total	$7000
1985-86	
250 Initial Certifications @ $20.00	$5000
IAHPER Grant	2000
Institutional Fees and Other Contributions	1000
Total	$8000
1986-87	
275 Initial Certifications @ $20.00	$5500
125 Recertifications and/or Contributions	2500
IAHPER Grant	1000
Total	$9000

Recertifications

The initial certification period for both graduating students and current coaches will be for two (2) years. After the initial period, certification will be for three (3) years. Recertification will be contingent upon completion of certain continuing education experiences and gaining coaching experience. This standard will be determined by the Certification Board and could include the following:

1. Attend coaching classes or related experience.
2. Attend workshops.
3. Attend rules meetings - IHSA.
4. Gain one (1) year of coaching experience.

Concluding Statement

The IAPPHPER Coaching Certification Committee submits this proposal with the full commitment that it is essential for the coaching and physical education profession to have desirable minimal preparation standards for school administrators to use as guidelines for employing coaches. The concept of professional societies serving as certifying bodies is growing while government agencies have shown a reduced interest in licensure programs. Dr. Matthew Maetozo, representing the National Association for Sport and Physical Education Coaching Certification Committee, has indicated that voluntary programs are a viable alternative.

The Committee recommends that the IAPPHPER and IAHPER jointly approve the proposal and move to implement the program hereby submitted.